

2022 COMPREHENSIVE AGE GROUPS

1. Comprehensive Age Groups – Cheerleading Divisions

European Cheerleading Championships:

Cheerleading Divisions	Age in years	Years of birth 2022
Senior Premier (Level 6) Elite (Level 5)	15 and older 14 and older	2007, 2006, 2005, 2004, 2003, ... 2008, 2007, 2006, 2005, 2004, ...
Junior Elite (Level 5) Advanced (Level 4)	12 to 16	2010, 2009, 2008, 2007, 2006
Adaptive Abilities	14 and older	2008 or before
Special Abilities	12 and older	2010 or before

Recommended additional Age Groups for the national level:

Note: The respective age groups and Cheerleading Levels are meant as the maximum level allowed for that particular age; of course lower levels are possible for all of the age groups.

Cheerleading Divisions	Age in years	Years of birth 2022
Youth Median (Level 3)	9 to 13	2013, 2012, 2011, 2010, 2009
Mini Intermediate (Level 2)	7 to 13	2015, 2014, 2013, 2012, 2011, 2010, 2009
Tiny Novice (Level 1) Tiny Beginner (Level 0)	5 to 8	2017, 2016, 2015, 2014

2. Comprehensive Age Groups – Performance Cheer Divisions

European Cheerleading Championships:

Performance Cheer Divisions	Age in years	Years of birth 2022
Senior	14 and older	2008, 2007, 2006, 2005, 2004, ...
Junior	12 to 16	2010, 2009, 2008, 2007, 2006
Adaptive Abilities	14 and older	2008 or before
Special Abilities	12 and older	2010 or before

Recommended additional Age Groups for the national level:

Performance Cheer Divisions	Age in years	Years of birth 2022
Youth	9 to 13	2013, 2012, 2011, 2010, 2009
Mini	7 to 13	2015, 2014, 2013, 2012, 2011, 2010, 2009
Tiny	5 to 8	2017, 2016, 2015, 2014